



# Okanogan County

## WIC Facts: FFY 2004

### Infants Born Served by WIC

County..... 70.8%  
Statewide..... 48.6%

### Women, Infants and Children Served

**Total: 3,431**

Infants and children under 5..... 2,402  
Pregnant, breastfeeding and postpartum women..... 1,029

### WIC Food Dollar Contribution to Local Economy

WIC Program Food Dollars  
\$1,195,592  
WIC Farmers Market Nutrition Program Food Dollars  
\$7,354

### WIC Families

Working families..... 67.9%  
WIC households with at least one working family member

Families living in poverty..... 77.1%  
Percent of WIC clients with income at or below the federal poverty level (\$1,307 per month for a family of 3)

### WIC Nutrition Education Promotes Healthy Choices

Total nutrition education sessions..... 9,187

WIC nutrition education:

- Emphasizes healthy lifestyle habits so families can eat better and stay active now to prevent obesity and other chronic diseases later in life.
- Promotes breastfeeding for the first year of life. And, with the breast pump loan program, helps mothers continue to breastfeed after returning to work or school.
- Helps prevent early childhood caries by screening for early signs of poor oral health, giving parents ideas for healthy snacks and stressing the importance of dental care by age one.



### WIC Attracts Families to Preventive Health Services

WIC referrals..... 14,549

WIC informs families about health related services and provides them with the information and support needed to access them successfully.

\* Maternity Support Services

# *Okanogan County*

## **WIC Agencies and Sites**

### **Colville Confederated Tribes**

Nespelem  
Omak

### **Family Health Centers**

Brewster  
Okanogan  
Tonasket

## **WIC Authorized Grocery Stores**

Al's IGA

Beeman's North

Brewster Market Place

Gene's Harvest Foods

Grant's Market

Hank's Harvest Foods

Harvest Foods

Nespelem Trading Post

Okanogan Food Depot

Prince's Inc. Foods

Safeway

Wal-Mart Supercenter

Winthrop Red Apple

## **WIC Authorized Farmers Markets**

Okanogan Valley Farmers Market